

Tej Khoom Noj T shiab uas Xaiv Tau rau ntawm WIC

Pib thaum lub Peb Hlis Ntuj tim 28, 2016

Ua tib zoo thov kom tau ib phau Ntaww Teev
Tseg cov Khoom Noj uas WIC Pom Zoo Yuav uas
luam tawm TSHIAB thaum lub Peb Hlis Ntuj
hnub tim 28, 2016 kom thiaj pab koj yuav tau
WIC tej khoom noj tom khw.

YOGURT RAU POJ NIAM THIAB ME NYUAM YAU

Koj daim tshev yuav hais
tias koj yuav tau 1 (32 oz los
sis quart) taig Yogurt

- Koj tsuas yuav tau hom
muaj roj (whole), muaj roj
tsawg (lowfat), los yog tsis
muaj roj (nonfat) xwb, nyob
ntawm saib sau yam twg
rau ntawm koj daim tshev
- Koj tsuas yuav tau tej
yam, qhov xis ncauj,
thiab qhov loj qhov me
uas teev tseg hauv koj
phau Ntaww Teev Tseg
cov Khoom Noj uas WIC
Pom Zoo Yuav

DAIM TSHEV YUAV TXIV HMAB TXIV NTOO & ZAUB RAU ME NYUAM MOS LIAB MUAJ 9-11 HLIS

Thaum koj mus ntsib WIC,
koj xaiv kom tau ib daim
tshev yuav Txiv Hmab Txiv
Ntoo & Zauber paув ib feem
ntawm cov hwj ntim khoom
noj rau me nyuam mos liab

- Siv daim tshev no kom
yuav tau tej txiv hmab
txiv ntoo thiab tej zaub
uas **tshiab** xwb
- Yuav tsis tau tej txiv
hmab txiv ntoo thiab
zaub uas muab ntim
hauv kos poom, los yog
khov nab kuab, los yog
tau ziab kom qhuav

PASTA UAS YOG HMOOV PIAS UA

Koj yuav tau ib pob pasta
uas yog hmoov piас ua 16
oz siv koj daim tshev
Whole Grains

- Tsuas pub yuav tej hom
uas teev tseg hauv koj
phau Ntaww Teev Tseg
cov Khoom Noj uas WIC
Pom Zoo Yuav

TEJ TXIV HMAB TXIV NTOO UAS TAU ZIAB QHUAU

Koj yuav tau tej txiv hmab
txiv ntoo uas tau ziab qhuav
thaum koj siv koj tus me
nyuam daim tshev yuav Txiv
Hmab Txiv Ntoo & Zauber

- Tsis pub yuav tej txiv
hmab txiv ntoo uas tau
ziab qhuav uas ntxiv tej
roj, piام thaj, los yog
kua roj rau

MIS NYUJ UAS TSHEM IB FEEM DEJ TAWM LOS YOG MIS NYUJ HMOOV

Thaum koj mus ntsib WIC,
nug WIC tus neeg ua hauj
lwm saib koj siv puas tau
cov mis nyuј uas tshem ib
feem dej tawm (evaporated)
los yog cov mis nyuј hmoov
(powdered)

- Yuav tsum xaiv qhov no
rau ntawm **WIC lub
hoob kas**
- Yog tias muaj tau li no,
ces yuav hais li ntawd rau
ntawm koj daim tshev





NIM NO YOGURT NYOB NTAWM KOJ COV TSHEV CALIFORNIA WIC!



YOGURT PARFAIT (KUA MIS NYEEM QAUB)

Txaus 2 leeg noj

TEJ YAM TSO RAU HAUVE

- 1 khob yogurt dawb paug uas muaj roj tsawg
- ½ me nyuam dia kua vanilla extract
- 2 khob txiv hmab txiv ntoo sib xyaw thiab muab tsuav lawm
- ½ khob mini-shredded wheat biscuit cereal, tuav ntxhib me ntis
- 1 dia almonds uas muab hlais thiab muab (yog tias nyiam) cinnamon nphoo rau



LUS QHIA

1. Muab cov yogurt thiab cov kua vanilla sib tov ua ke rau hauv ib lub me nyuam tais.
2. Muab qhov yogurt sib tov ntawd hais rau hauv ob lub ntim.
3. Muab txiv hmab txiv ntoo, cereal, thiab almond tso rau sauv ob lub ntim yogurt ntawd tib si.
4. Muab cinnamon nphoo rau.

Lus Qhia txog Saib Zoo rau lub Cev Npaum Li Cas (raws li ib qho txaus noj):
Calories 232; Fat 4.2g; Protein 10g; Carbohydrate 42g; Fiber 6g;
Calcium 278mg; Iron 5mg; Vitamin A (RE) 57mcg; Vitamin C 83mg;
Folate 72mcg



**California lub Rooj Tsav Xwm Saib Xyuas cov Pej Xeem Kev Noj Qab
Nyob Zoo, California Kev Pab Cuam WIC**
Lub koos haum no yog ib lub koos haum pab kev ncaj ncees.